



Short Safety Subject

Additional Short Safety Subjects are available on the First Region (ROTC) Web Site at:

www.rotc1.bragg.army.mil/SAFETY/SSS1.htm

Afterthoughts And Regrets

How often have you said or done something and then later, reflecting on your action, thought to yourself, "How could I have done that?"

Here are some afterthoughts which, unfortunately, too many of us have experienced:

That's how we've always done it. (*...before the accident occurred anyway.*)

If I had taken that first-aid/CPR course, I probably could have helped him. (*...and chances are, he would still be here.*)

I should have taken care of that board with the projecting rusty nails earlier. (*Now, I have to take off work to get a tetanus shot.*)

Wow, I never realized that a fire could get out of control so fast. (*If I'd called the fire department before trying to put it out myself, I might still have a place to work tomorrow.*)

I know they we're always preaching that we should lift with the leg muscles instead of the back muscles. (*What the heck is a herniated disk?*)

Any of this sound familiar? They say *hindsight* is the only perfect science - but *foresight* could have avoided these incidents, misfortunes and regrets.

Learn from others' mistakes and you'll have no regrets!